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Your essential daily news | WEDNESDAY, APRIL 26, 2017

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THE LONG AND THE SHORT OF IT

Halifax longboarders fulfil
their need for speed —
even in a legal grey area
metroNEWS



David Matyas, Citadel Hill
race organizer, goes into
a slide to slow down.
PATRICK FULGENCIO/FOR METRO

What's in a (founder's) name?

COUNCIL VOTE

**Places named
after Cornwallis
could soon be a
thing of the past**



**Zane
Woodford**
Metro | Halifax

After a vote by Halifax regional council, an expert panel could soon be tackling the question of whether municipal assets should bear the name of Halifax's controversial so-called founder.

At its meeting on Tuesday, council voted 15-1 in favour of a motion from Coun. Shawn Cleary asking for a staff report "with terms of reference and a recommended composition for an expert panel" to advise council "regarding any changes to

the commemoration of Edward Cornwallis on municipal assets, including Cornwallis Park and Cornwallis Street."

In 1749, Cornwallis offered a bounty for Mi'kmaq scalps. In recent years, there's been a growing movement to have the statue of him removed from his namesake park.

"This motion is not about rewriting history," Cleary said during debate.

"Fact is, this needs to be about

finding a way to move forward."

Coun. Lindell Smith spoke passionately about the connection between the African Nova Scotian and Mi'kmaq experiences in Nova Scotia. He said the discussion isn't just about Cornwallis, it's about empathy.

"It's slightly about removing Edward Cornwallis, but we're really saying we need to recognize that conversation, and we need to empathize with people that feel hurt, and see where that

goes," he said. "And if we can't do that, then I just might as well leave this council chamber and never come back."

Coun. David Hendsbee eventually voted in favour of the motion — Coun. Stephen Adams was the lone no vote — but he questioned during the debate, "If you can't rewrite it, why revisit it?"

"Moving statues, or hiding them away somewhere I don't think is a fair and appropriate thing to do. You can't whitewash

history," he said.

Coun. Wayne Mason said he's received "ridiculous and abusive emails and phone calls" from people who see it that way since his failed motion last year on Cornwallis.

"I'm tired of getting emails and phone calls from white men of privilege who say we should not have this discussion," he said.

"We are all treaty people. Let's be brave and have that discussion."

FORT MCMURRAY: ONE YEAR LATER 'A STRUGGLE EVERY SINGLE DAY'

DAY 3: Some residents are worrying about the respiratory, mental health effects post-wildfire **metroNEWS**



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'You feel like you're flying'

Metro felt the rush of a recent race on Citadel Hill — one of the few havens for longboarders who want to use roads



Patrick Fulgencio
For Metro | Halifax

With spring's arrival, members of the Halifax longboarding community are getting their boards out.

Different from skateboards, longboards are wider, more stable, and have more traction. Yet in the Motor Vehicle Act, longboards fall under the same category as skateboards. In the Act, two things are required of skateboarders: to wear a helmet and stay off the roads (with

the exception of crosswalks).

The problem is that longboards are meant to go on roads — and they're meant to go fast. David Matyas attributes the lack of legislation around longboarding to its obscurity in the province.

Longboarders frequent Citadel Hill because it falls under something of a grey zone. Halifax Regional Police jurisdiction ends at the gates at the bottom of the hill, so beyond that it's in park security's hands. But longboarders do not run into problems with park security as long as they are being safe

and respectful, Matyas says.

"We're not trying to hurt ourselves and we're doing it as safely as possible," says Matyas. Safety being a priority for him and the group, they actively ensure that they wear helmets and pads every time they go longboarding.

To reach speeds above 50 km/h while standing on a board barely a foot wide might not sound like everyone's cup of tea, but the joy on Matyas' face is evident.

"It's actually really meditative, it's very relaxing," he says. "You feel like you're flying."



1 George MacNeil is in the lead, coming around a turn during a longboard race on Citadel Hill in Halifax.

2 Josh Guadon has many holes in his gloves and pants from longboarding. He says all his pants have holes in them.

3 Aiken Alicando enjoys the rush of a run down Citadel Hill.

PATRICK FULGENCIO/FOR METRO



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COUNCIL NOTEBOOK

Sportsplex renovation to start at end of May

Halifax regional council has awarded a \$23-million construction contract to renovate Dartmouth Sportsplex. Marco Maritimes Ltd. will start the project at the end of May.

When the Sportsplex re-opens in late summer 2018, it will feature a new gym, new fitness rooms overlooking Wyse Road, water-slides, an indoor splash pad, and improvements to the pool area in general and the building's entrances.

City, Blue Mountain Birch Cove landowners talking

City staff will continue talking to people who own land within the proposed park at Blue Mountain Birch Cove after a vote by Halifax regional council.

Council voted at its meeting on Tuesday to "direct staff to undertake additional analysis and advance discussions regarding the acquisition of lands or the rights to lands for public access" and then report back "with any prospective terms, conditions, and costs." METRO

Argyle-Grafton redo

CITY PLANNING

Council OKs \$5M project to make streets 'urban plazas'



Zane Woodford
Metro | Halifax

Work on the Argyle and Grafton streetscaping project is expected to begin in June after Halifax regional council approved a \$5-million construction contract at its Tuesday meeting.

Council voted in favour of a staff recommendation to award the contract for \$5,139,527 to Dexter Construction for the project that is intended to transform the two downtown streets into pedestrian-friendly "urban plazas." It also voted to award contracts for consulting to Ekistics Plan + Design for \$337,072 (including an increase of \$31,368), and for archeological monitoring and reporting to Davis MacIntyre & Associates Ltd. for \$6,373.



A rendering of what Argyle Street will look like when the project is complete. CONTRIBUTED/HALIFAX.CA

Given the work means the loss of a patio season, some business owners on Argyle Street have lamented the timing of the project.

But Coun. Wayne Mason said in council Tuesday that the message from the majority of businesses, and the Downtown Halifax Business Commission, was: "Let's just get 'er done." "There's never a good time

to have a big project like this happen," he said. "It's going to be a necessary thing that the businesses themselves have been asking for."

He said he's confident that municipal staff and the contractor on the project will work to mitigate the negative effects of the construction on businesses.

"I expect by September that

we're all going to be very glad this investment was made and we're all going to be better for it," he said.

Coun. David Hendsbee went so far as to tell business they should be happy they're not being asked for more money because of the work.

If the project starts on June 1, the 17-week timeline would put completion at Sept. 28.

Halifax DIGEST

ALMON STREET

Bike lane town hall set for May 3

The city is holding a town hall on a possible Almon Street bike lane Wed. May 3, 6:30 p.m. in the Maritime Room at the Halifax Forum on the corner of Windsor and Almon streets.

The lane could connect to existing bike lanes on Windsor Street and allow access to services, shopping and other neighbourhoods. There's also an online survey starting May 4 at www.shapeyourcityhalifax.ca.

METRO

CLAYTON PARK

Man charged with multiple thefts

Justin Michael Chipman, 29, appeared in Halifax provincial court Monday to face seven counts of theft under \$5,000, seven counts of possession of stolen property under \$5,000, five counts of property damage, possessing a break-in instrument and driving while prohibited.

In an interview with police, Chipman admitted to six car thefts since Jan. 25.

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Overnight Street Cleaning

Beginning Monday, May 1, 2017

Overnight Street Cleaning on the Halifax Peninsula starts May 1 and takes place from 12:01 a.m. - 8 a.m. All other areas scheduled for street cleaning are completed during daytime hours.

Please find alternative parking while this work is underway in your neighbourhood.

Learn more about our Annual Spring Cleanup activities:
www.halifax.ca/snow/springcleanup.php

HALIFAX

Jack Webb's awful death

HEALTH CARE

Woman tells how crowded hospital failed her husband

A Halifax woman says overcrowding at the city's largest hospital left her husband suffering a series of indignities and delayed care during his last days of life.

Kim D'Arcy says her 68-year-old husband, Jack Webb, languished for six hours in a chilly emergency-room hallway at the Halifax Infirmary, had a broken IV in his arm, and was bumped from his room by another dying patient.

She says that shortly before Webb's Feb. 1 death, they even heard a staffer yell not to resuscitate him if he stopped breathing.

Dr. Alan Drummond, a spokesman for the Canadian Association of Emergency Physicians, says Webb's death is an example of "the distinct level of human suffering associated with crowded emergency de-



Kim D'Arcy displays an image of her late husband Jack Webb at her home in Bedford.

ANDREW VAUGHAN/THE CANADIAN PRESS

partments and crowded hospitals" plaguing Canadian medicare.

Canadian emergency rooms are increasingly issuing special "codes" indicating they're too full — a process that sets off a domino effect where gravely ill

"We felt very sad, very frustrated, helpless."
Kim D'Arcy

people like Webb are pushed into regular hospital units already operating beyond capacity.

After being diagnosed with pancreatic cancer that had spread into his adrenal glands and liver, Webb was admitted

Jan. 27 to the infirmary's downtown emergency department. Webb, former owner of a Mad Man McKay home electronics franchise, also had multiple sclerosis.

As the clock ticked past midnight, Webb lay on a gurney shivering in an ER hallway, as other patients rapidly filled a lineup around him.

"We felt like screaming. We felt very sad, very frustrated, helpless," recalled D'Arcy. "When an ER doctor saw Jack at about 7 a.m., he told us that Jack was the sickest man to arrive into emergency that night."

The ward had repeatedly been going through a process called "code census," an overcrowding protocol that spills excess patients into the main hospital's hallways, sets off bed bumping and is often a wider sign of a hospital beyond its capacity.

The Nova Scotia Government and General Employees Union brought the protocol to public prominence last month, releasing data showing the code was called 23 out of 31 days in January, including the days when Webb was there.

THE CANADIAN PRESS

Halifax DIGEST

Police

MEDFORD

Motorcyclist dies after collision with dog

According to a release, on Monday at 3:30 p.m. Kings District RCMP responded to a collision scene in Medford after a 66-year-old Centreville man struck and killed a dog that came from a nearby home.

Having sustained severe injuries, the man was brought to hospital, where he was pronounced dead. The investigation is ongoing.

HALIFAX

Sexual assault in shopping district

Halifax Regional Police say a woman walking in the Bayers Lake Business Park on Monday around 4 p.m. was approached by a stranger and sexually assaulted.

"During the conversation the man attempted to kiss the female complainant and sexually assaulted her overtop of her clothing," a police statement reads.

The suspect is described as a black man with grey hair, believed to be in his 60s. METRO

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Sandra Legacy was diagnosed with PTSD after the Fort McMurray fire and now wants the city to know how common conditions like hers are. JENNIFER FRIESEN/FOR METRO

Parents concerned about kids' health

When four-year-old Abby plays with her little brother Zander they have to be careful not to be too rough — that's when the coughing starts.

"If she just plays a little bit or gets overheated, she's just coughing all the time," says her mother, Melisa Leblanc, as she keeps a close eye on her two youngest playing in the living room of their Fort McMurray home.

Ever since the family moved back to the city after the fire, Abby has been hit with a laundry list of illnesses her mom ticks off on her fingers: pneumonia, tonsillitis, strep, ear infections.

While she'd been sick before, it wasn't like this, Leblanc said.

Alberta Health Services says the province monitors health concerns and has not seen in any spikes in respiratory complaints.

But Leblanc says she's one of a number of Fort McMurray parents who worry about a lack of clarity around which buildings have been cleaned of fire damage, and how thoroughly, and what that means for the health of their kids.

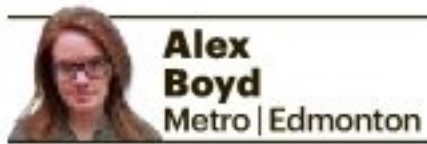
But Dr. Mayank Singal, a zone medical officer of health for AHS, said the number of incidents and complaints of things like respiratory illnesses are closely tracked — and he hasn't seen an increase.

Still, Dr. Ghassan Al-Naami, a paediatrician who worked in Fort McMurray before moving to Edmonton in January, said he "definitely" saw more kids with respiratory issues after the fire and says more study is needed.

As she inventories her daughter's medications and inhalers on the kitchen counter, Leblanc said she's not yet convinced that her kids are living in a clean environment. "We wanted to come back too," she said of the choice she and her husband made to come back after the fire. "I don't know if I made the right decision at the end of the day." ALEX BOYD/METRO

'It's been a hard year'

As Fort McMurray residents struggle to rebuild, the mental health strain starts to emerge



Alex Boyd
Metro | Edmonton

It starts when she can no longer take a breath, followed by a stabbing pain in the left side of her chest — symptoms "so similar" to a heart attack, Sandra Legacy says.

"It has to be one of the scariest things that a human being can feel," she says of the anxiety attacks that have come more often lately — and hit hard. "Because you feel like you're dying."

Legacy has fought anxiety for

years, and won. But then came the hot, windy Tuesday afternoon last May, a day that started with the usual eight-minute drive to work and ended with a flight for her life.

Thanks to the security system installed in her Abasand home she knows her house started to burn at exactly 4:16 p.m. She still hasn't deleted the alerts on her phone.

In the aftermath of the fire Legacy was diagnosed with PTSD and depression. She still hasn't been able to go back to work.

"Sliding down that slippery slope into a very dark place, it's

hard to control. Not wanting to get out of bed, not wanting to get dressed or showered," she says, sitting in the home she and her husband are renting while they rebuild. The tags still dangle from the couch she's sitting on, and boxes of appliances fill the dining area. "It's been a really hard year, it's been a struggle every single day."

She's not alone.

Dr. Emmanuel Osegbue, a family physician who's been practicing in Fort McMurray for almost a decade, says demand for mental health services among his patients is up by about 25

per cent.

Many people are still dealing with the trauma of fleeing just ahead of an out-of-control fire, he says. Now, a year later, he's starting to see people who tried to stay strong, and are now having the symptoms of depression and anxiety catch up with them.

"Even kids, they're taken back when they reflect on the events of that day," he says. "I see kids that are now having mood swings more than before."

He argues that the loss of property was especially tough for residents of Fort McMurray, given the demands of working in the oilsands. With 4 a.m. wake-up calls and long days working heavy equipment, coming home is "the thing that gives them joy everyday," he says.

"And now it's gone, in just a few hours. That's very traumatic." He worries that counsellors

are themselves overwhelmed, so he isn't sure his patients always get the help they need.

For Legacy, the experience turned her into a crusader. She makes sure her neighbours know they're not alone, and to reach out for help if they need it.

"You really do feel like you are so isolated even though there are potentially thousands of people feeling like this," she says. "You really do feel like you're the only one."

If there's a positive outcome, Legacy says it's that Fort McMurray — a town with a reputation for toughness — is now tackling mental illness head on.

"Out of every dark situation, some bright thing happens from it," she says. "The negative stigma has really come off of mental illness in this town, because so many people have been introduced to it."

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Trudeau outed as a cupping practitioner

HEALTH

Evidence shows effectiveness of method is still unclear

Next time the prime minister pops his shirt off, don't be alarmed if his body is peppered with circular bruises. He's just been subjecting his skin to an ancient suction treatment with questionable efficacy that's hot with the alternative medicine crowd.

Justin Trudeau, it turns out, is into "cupping."

Canada's PM was outed as a practitioner this week after the tell-tale markings of the treatment were spotted on his arm during an interview with a CBS Sports journalist.

Cameron Ahmad, a spokesperson for the prime minister, confirmed to Torstar News Service that, yes, Trudeau cups. But he wouldn't say why or for how



Evidence of cupping therapy can be seen on Justin Trudeau's left forearm during an interview on April 18. TORSTAR NEWS SERVICE

long.

Alongside references to cupping celebs like Brad Pitt, Jennifer Aniston and American Olympian Michael Phelps, the Internet tells us that the practice dates back to Chinese antiquity and has been used for millennia. It's also said to have been prevalent in ancient Egypt and Greece, where it was meant to remove "excessive blood," according to

a 2008 article in the Journal of Alternative and Complementary Medicine.

Nowadays, cupping is associated mostly with pain relief, though it's also linked with a range of ailments. Got shingles? Try cupping. Maybe your face is paralyzed. Cupping could help. And then there's acne, worn-out neck discs and back pain. All three are said to be alleviated by

cupping, according to a survey of cupping research from 2012 in the journal, PLoS One.

In the realm of hard evidence, it's not clear that cupping is effective. The review in PLoS One looked at 135 studies between 1992 and 2010 and concluded that cupping has "potential," but more studies are needed to be sure.

Brent Bauer, a doctor with the Mayo Clinic, wrote online that there aren't any definitive studies on cupping because it's difficult to fashion a "sham" version of the treatment to make people think they're receiving it during a blind study.

TORSTAR NEWS SERVICE

ABUSE

Fentanyl 'an epidemic within an epidemic'

Canada is in the midst of an epidemic of opioid use and abuse — involving both prescription and illicit forms of the potent narcotics — that shows no signs of abating and has led to an explosion of fatal overdoses.

Canadians remain the second highest per-capita consumers of opioids in the world, after Americans. But while U.S. use is beginning to decline, Canada's numbers keep rising, according to the International Narcotic Control Board.

"We doubt very much that it has to do with Canadians being different, having more pain than people elsewhere in the world. We think it probably has to do with how we've been programmed to prescribe," says Dr. Jamie Meuser, executive director of professional development and practice for the College of Family

Physicians of Canada.

"There's virtually no doubt that prescribing in Canada has resulted in more opioid medications being on the street."

Illicit fentanyl pills from overseas have flooded onto the black market, helping to fuel a rash of overdose deaths, particularly in B.C. and Alberta. Fentanyl is 100 times more potent than morphine and up to 50 times stronger than heroin.

Dr. David Juurlink, head of clinical pharmacology and toxicology at Sunnybrook Health Sciences Centre, calls the fentanyl crisis "an epidemic within an epidemic."

"The fentanyl epidemic is a response to the generation and enormous market for opioids that has always existed but was never as large as it currently is," he says. THE CANADIAN PRESS

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A worker gets an order of planks ready for a client in Montreal. THE CANADIAN PRESS

Softwood casualties

TRADE WAR

Ottawa admits U.S. move will mean jobs lost, promises action

The federal government is reaching out to reassure forestry workers, lumber producers and others facing the impact from a fresh softwood trade war that it stands ready to help cushion what it suggests will be a heavy blow.

The U.S. is imposing significant duties of up to 24 per cent on lumber imports — the latest flare-up in Canada's escalating trade skirmish with President Donald Trump's administration.

Natural Resources Minister Jim Carr acknowledged Tuesday that job losses are likely in the offing, saying Employment and Social Development Canada is standing by to provide essential services for anyone who is impacted.

Available ESDC supports include employment insurance, career counselling, retraining and provincial skills development programs, said Carr, noting Canada is no stranger to softwood disputes with the U.S., and has

+ LOONIE DROPS

U.S. duties hit the dollar

The Canadian dollar sank on news of U.S. duties on softwood lumber imports.

The loonie hit a 14-month low on Tuesday at 73.60 cents. "It's an absolute disaster for Canada," said Uni-for president Jerry Dias.

always prevailed in the past.

Trudeau, meanwhile, said earlier Tuesday that the Canada-U.S. relationship is bigger than any one trade irritant.

"We are tremendously interconnected in our economy with that of the United States, but it's not just a one-way relationship," Trudeau said during a visit to Kitchener, Ont. "There are millions of good U.S. jobs that depend on smooth flow of goods, services and people back and forth across our border."

He cited the auto sector as one compelling example, and his oft-repeated illustration of how a typical car part can cross the border up to six times before it ends up in a finished automobile.

THE CANADIAN PRESS

Dairy in Trump's sights

Fresh off slapping a duty on Canadian lumber, President Donald Trump is now making threats about dairy as the northern neighbour has suddenly, unexpectedly, become his No. 1 target for criticism lately on trade.

The president tweeted Tuesday: "Canada has made business for our dairy farmers in Wisconsin and other border states very difficult. We will not stand for this. Watch!"

That's what he wrote the morning after his government announced duties up to 24 per cent

on Canadian lumber, with more expected later this year.

Lumber and dairy are long-standing irritants. In softwood lumber, the countries have a once-a-decade cycle of tariffs, trade litigation, and ultimately settlements.

What's new is how Trump is playing up the issue.

While Barack Obama referred to lumber as a minor irritant, the self-styled America First president is playing up these irritants as examples of his desire to get tough on trade. THE CANADIAN PRESS

FOCUS ON FAMINE Update: Yemen

Donors pledge \$1.1 billion in aid

International donors have pledged \$1.1 billion for war-torn Yemen, the UN secretary-general said Tuesday, appealing to the fighting sides to grant access to humanitarian efforts to end a conflict that has killed over 10,000 civilians.

Antonio Guterres ended a daylong Yemen aid conference by hailing the "clear generosity and solidarity" of governments and civil society after two years of intensified conflict in the Arab world's poorest country.

The conference, co-sponsored by the United Nations, Switzerland and Sweden, raised pledges for over half of the \$2.1 billion sought by the UN this year in an appeal that was only 15 per cent funded previously.

Aid groups want improved access to civilians, a halt to deadly airstrikes by a Saudi-led, U.S.-supported coalition that has been fighting Shiite rebels known as Houthis, and more respect for international law.

UN officials say the world's

largest humanitarian crisis is in Yemen, where 17 million people are classified as food insecure, with seven million of those facing critical food shortages.

The war pits the coalition of mostly Sunni Arab countries against the Iran-backed Houthis and allied army units loyal to a former president. The Houthis seized the capital, Sanaa, and other areas in 2014, forcing the internationally recognized government to flee.

THE ASSOCIATED PRESS



A Yemeni girl carries water on the outskirts of the port city of Hodeidah. GETTY IMAGES

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VICKY MOCHAMA

Trudeau tone deaf on plea for pot charge amnesty

Justin Trudeau's relatability is wearing thin.

During an interview at Vice Media's Toronto office, he was asked by Malik, a young black man: "How am I going to become the next prime minister if I can't get a decent job because of (drug) charges?"

The current prime minister responded with an anecdote about his younger brother Michel being charged with pot possession and his dad (you may have heard of him: French guy, pirouettes, led the nation) using his connections to make the charge "go away."

"We were able to do that because we had resources, my dad had a couple connections, and we were confident that my little brother wasn't going to be saddled with a criminal record for life," Trudeau said.

The anecdote isn't new. He mentioned it while campaigning, and it is in his memoir. He uses it to underscore how access and wealth worked for his family in a way that it doesn't for black and Indigenous people in Canada.

What was new is that it lacked in his trademark (if occasionally cringe-worthy) empathy. Asked how the government's legalization plan would help someone who was young, black and scared, the prime minister told a story about being white and incredibly privileged.

This is in step with the

tenor of the legislation itself. The government is not promising anything to those people who've found themselves on the wrong end of the War on Drugs. Though Trudeau did say he would "start a process" to "try and look" at how to make things fairer once the law is in place.

This legislation is being framed as an opening gambit in a more compassionate legalization plan. But only after the current legislation and negotiations have been worked out will there be any discussion of moratoriums, pardons or amnesties.

The new laws won't be in place until summer 2018. After that, the run-up to the next election will likely derail criminal justice reform.

No politician interested in keeping his motorcade would go into an election promising to let drug users off.

In 2019, the young people who campaigned for and elected this government are going to be asking what happened and they deserve the truth.

Being honest, the prime minister should have just answered as I would have: There's no law against stoners becoming prime minister. In fact, having smoked pot while serving as a member of Parliament, I'd like to think I have paved the way.

No one, I would say to young Malik, is too high for the highest office.

JESSICA ALLEN ON LOVE IN THE TIME OF NETFLIX



From the gulf between German expressionism and Sex and the City 2 emerges Twin Peaks.

They say the leading cause of divorce, ahead of infidelity and financial issues, is "basic incompatibility."

Like not agreeing on what to watch on television.

For 12 years, my partner Simon and I have weathered this storm pretty well. There are TV series, like *The Sopranos* and *Deadwood* that we are always happy to revisit. There are new offerings, like *Big Little Lies*, and new seasons of familiar shows, like *Girls* and *Broad City*, to catch up on. And when in doubt, there's a list on the fridge of the top 100 films of the 21st century to go through. (We still have 39 to see.)

But recently, a tempest has been brewing. Last autumn, the shop Simon managed for more than a decade closed and, for the time being, he has comfortably settled into the role of homemaker. I come home from a hard day at work to the smell of a home-cooked meal, a clean house, the laundry folded, and am greeted with a cocktail. It's like *Mad Men*, only I'm Don Draper and he is Betty.

And Betty is being a real pain in my neck. Because his days are filled with domesticity, in the evenings he doesn't want to revisit *Mad Men*, a recent suggestion of mine. "*Mad Men* is really nothing more than John Hamm's face and period detail," he said. "And if I'm watching a period piece it's got to be set in Edwardian England, for the outfits."

He wants to watch things

One night we attempted to solve our indecision by watching different things in the same room.



LYNCHIAN LOVE Will film and television auteur David Lynch save Jessica Allen's relationship with his *Twin Peaks* revival? **AP**

that might challenge and teach him something, because the idea of wasting time right now gives him huge amounts of anxiety.

Because my days are filled with trying to stay culturally and politically current, offering up opinions on everything from corporal punishment in American high schools to whether butter should be kept on the counter or in the fridge, I want to watch mind-numbing things; things I've seen a hundred times. It brings me great comfort knowing exactly what I'm in for when I turn on a Merchant Ivory film, like *Howard's End* (a great ride!). The paradox is it's my job to stay current. And while there's a chance that watching YouTube clips of *The Dick Cavett Show* might help inform and illuminate a contemporary issue or idea, I suspect I could be doing more.

One night we attempted to solve our indecision by watching different things in the same room: he watched a World War II documentary on the TV and I watched *The Mindy Project* on my com-

puter with headphones. But it was too sad. Part of the joy of watching something together is sharing in the experience, and then talking about it after.

So on Sunday morning when I saw an ad for the new *Twin Peaks* coming out May 21, it was like a port in the storm. Here, I thought, is something that we will both want to watch. Only Simon wasn't interested: he doesn't want to risk tarnishing the original. He still hasn't gotten over the *Gilmore Girls* redux.

He wants to watch things that will better his brain, like a four-hour Andy Warhol documentary. He also discovered that a good chunk of the Criterion collection is available online, for free, with a library card. "What about some Fassbinder?" he asked, scrolling through the catalogue while dinner got cold.

"Oh I love him!" I said. "Is *Prometheus* on there? Or *Jane Eyre*? I've seen them both but I'll watch them again."

"Not Michael Fassbinder. Rainer Werner Fassbinder, the German director."

Let me tell you, Effi Briest

is no *Sex and the City 2*.

"It's the golden age of television!" I argued. "Can't we watch something normal?"

"I think the most exciting thing on TV is Matthew McConaughey in the Lincoln commercials," he said.

Simon changed his mind about *Twin Peaks*, but only after reading a David Lynch quote that it should be thought of as an 18-hour feature film. And at least I know what we will be watching tonight. April 26 is both Channing Tatum and Marcus Aurelius' birthday. So Magic Mike, our modern-day Meditations on the economic disparity in America, it is — with no argument from Simon.

"I cannot explain why I will gladly re-watch either Magic Mike movie," he said. "If you have to ask, you probably won't ever understand."

I didn't understand. But I didn't need to ask; when life sends you a pony, you get on it and ride.

Jessica Allen is the digital correspondent on CTV's *The Social*.

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FOOD

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The U.S. president is not exactly over the moon about the Canadian dairy industry's system of price controls, production quotas and limited imports.

He has called Canada's rules a "complete and total disaster" and promised "very big changes" to the two countries' trading relationship.

For Canadian farmers trying to shield their industry from global market forces — not to mention those American, Australian and New Zealand milk producers who want to compete — this is a life-and-death issue. They have families to feed.

But consumers have mouths to feed too, preferably with premium butter. And this spat could have big implications for butter lovers.

Canadian butter, though tasty — it's butter, after all — is a commodity product. Nearly all of it is exactly 80 per cent fat, the mandated minimum, and it's made from cream that farmers pool together (there's a separate pool for organic dairy).

Bumping up the fat content just a little — to 82 or 84 per cent — elevates ho-hum butter into something luxurious. High-fat European butters contain significantly less water, resulting in flaky pastries, rich sauces and the most tasty toast.

But butter imports to Canada are capped at just over three



Bumping up the fat content in butter by just a little — to 84 per cent from the standard 80 — elevates ho-hum butter into something luxurious. Europeans know this...and now Canadians have caught on, too. ISTOCK

tonnes per year. The fancy European butters available at a few farmers' markets and specialty stores are subject to high tariffs and, as a result, they're eye-wateringly expensive.

A few Canadian companies have stepped in to meet the

demand for specialty butters — organic, grass fed and, yes, even a few with that magical extra fat.

If you struggle to find high-fat butter at your local market (and there's a good chance that you won't be able to), "cultured"

"European-style" butter is the next best thing.

The bacteria added to the cream before it's churned lend a tangy taste and a more "buttery" butter flavour.

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Butter imports to Canada are currently capped at a little over three tonnes per year.

ROSE REISMAN THE SAVVY EATER

THIS WEEK: Breakfast sandwiches

Your morning breakfast sandwich may be weighing you down!

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Sodium 1030mg



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A breakfast sandwich is a favourite choice for morning fuel on the go. While you may think it won't make that big of a difference by choosing the sausage and home-style biscuit, it doubles the calories and sodium, and adds two-thirds more of the fat. In fact, the biscuit alone has almost four times the sodium than an English muffin! The biscuit contains hydrogenated vegetable oil, including palm oil, which dramatically increases the fat and saturated fat. The English muffin has almost no fat, and eliminating the processed meat makes a world of difference.



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JOHANNA SCHNELLER
WHAT I'M WATCHING

Hockey Wives isn't usual reality nonsense

THE SHOW: *Hockey Wives* S3 E1 (W)

THE MOMENT: "You stink"

Maripier Morin, a gorgeous Quebec TV personality, is engaged to free agent (and not happy about it) Brandon Prust. Her career is on the rise while his is stalled.

He hosts a charity golf tournament, where he instructs her to serve drinks. Flirtatiously, she collects bets that she'll dive into the golf course pond at the end of the day.

Prust is not amused. "You are not going in that water," he declares. "If you do, you're not welcome at my dinner after."

But at day's end, she puts on a bathing suit and dives in. The golfers clap. Climbing out, she moves to kiss Prust. He backs away. "You stink," he says.

I'd never seen this series before and was pleasantly surprised that it's not the usual anti-woman reality show nonsense. It acknowledges these women get a lot from hockey, but it's hard on them, too.

One talks openly about her fertility issues. Another admits she didn't tell her husband she'd miscarried, because "he was in the playoffs and I didn't want to bother him with anything."

We see women trying to raise young families with husbands on the road and how friendships are torn apart when players get traded.

Expect the flashiest drama from the Morin/Prust relationship, in which hockey is a mere backdrop for questions of equality.

"Tonight is about me, not him," Morin says when Prust begrudges her for hosting a splashy event attended by Justin Trudeau. "Tomorrow morning it's going to be all about him again."

Hockey Wives airs Wednesdays on W and is available on demand.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



Maripier Morin and Brandon Prust show ups and downs of their relationship in *Hockey Wives*. INSTAGRAM/MARIPIEREMORIN

Dunham plans to take feminist Lenny on the road

TOUR

Girls stars will tour new show across the United States

Now that HBO's *Girls* has wrapped its six-year run, the women behind the series are focusing on their other female-centred project: turning their digital newsletter, Lenny, into a real-life experience.

Lena Dunham and Jenni Konner are bringing LennyLetter.com to life as a variety show. The co-founders of the digital newsletter announced Tuesday that they'll take the Lenny: America IRL tour to six cities, beginning May 31 in St. Louis.

Dunham said she was inspired to create opportunities for women to gather and share ideas after the contentious presidential election.

"We really wanted to try to be a part of, in our own small way, healing the very big divide that exists in our country right now," Dunham said. "We're trying to look beyond the coastal states and really think about connecting to women, to people, in the middle of the country."

The tour, which will feature music, comedy and spoken-word performances, includes stops in Chicago, Milwaukee, St. Paul, Minnesota; Des Moines, Iowa; and Lexington, Kentucky. Tickets go on sale Friday.

While the event will have liberal-skewing political overtones, Dunham and Konner say everyone is welcome.

"It's political, but we're also trying to bring up issues that you can't really argue with," Dunham said. "For example,



"Girls" stars Jenni Konner and Lena Dunham are switching focus to bringing their digital newsletter, Lenny Letter, to women across the United States. GETTY IMAGES

a portion of our proceeds are going toward arts education organizations for girls in every city. People have a lot of really split opinions on social politics, but you basically have to be a moustache-twirling villain to have a problem with girls receiving arts education."

Konner said the show's content will be more general than the specific feminist tone of the biweekly Lenny Letter. Performers will include Saturday Night Live star Sasheer Zamata, poet Jenny Zhang and comics Charla Lauriston and Morgan

Murphy.

She said they want the show to be "a great place for people to come and really enjoy themselves."

Beyond the America IRL tour, Konner and Dunham are also broadening Lenny into a documentary series for HBO and a Lenny book imprint launching in August with the first of six slated titles.

"It's all about trying to expand the way that women can have access to information that cracks their brains open," Dunham said. "Jenni's and my en-

tire ethos is really built around relationships between women."

The Lenny expansions are giving the "Girls" alums a new place to put their energies after wrapping the often groundbreaking and controversial series last week.

"It's been a very strange week. I'm not going to lie to you," Konner said. "But it's really nice after all these years of, you know, being pretty divisive, that the general consensus has been pretty positive, and that's made us feel really good." THE ASSOCIATED PRESS

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Music matters to all ages — and for boomers, it is still a vital force in their life. iStock

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BUST A MOVE

Many venues for older adults to enjoy music scene

Will McGuirk

"Music is the universal language." It's a short quote from Longfellow but it resonates. Music transcends borders between cultures and countries but it also matters to all ages. Music was the voice of choice of the Woodstock generation and for boomers it is still a vital force in their life.

However, the industry around music is very much tilted toward the young leaving the young at heart feeling, well, to put it bluntly, old!

But in Halifax there are many

many places for those of a certain vintage to enjoy what's on offer in the local scene.

Stayner's Wharf Pub and Grill on George offers live music consistently, whether it's a special performance or an open mic session. No matter your cup of tea, Stayner's has you covered. Plus there's the Sunday matinee hosted by Jeff Goodspeed featuring many of best jazz cats in town. Keep an eye on May 4 and 5 when Alfie Zappacosta will drop in for a two night performance.

The Carleton Music Bar and Grill on Argyle. It's all in the name, Music Bar, and it delivers the tunes in a mature environment. It is also a venue for the Halifax Urban Folk Festival, which brings in acts such as Neil Osborne of 5440 and Ron Hawkins of Lowest of the Low. The Carlton will also host Steven Page and the Odds. But in case you think it's all revivalist retro it's not. The blue rinse hipster

will enjoy the more modern if trad folk of Jerry Ledger and the Situation who are opening for the '90s hit makers.

The Lower Deck on Upper Water Street is an upbeat joint "where the music flows as freely as the ale". Dancing flows freely too with DJs spinning the party faves and live music. Great Blg Sea also flowed through here many a time and currently Signal Hill is looking like they are making waves. Get in on the ground floor at the Lower Deck.

Bearly's House of Blues and Ribs on Barrington is the place to shake the Sunday blues. Anyone anticipating a stormy Monday can build up their immunity with the weekly weekend Bearly's Blues jam. Watch for JUNO winner Paul Reddick to be revving up the joint May 5.

Music is universal but in Halifax it's also local so don't let the young steal your thunder.

ACCESSIBLE

Building an age-friendly community

Being an age-friendly community means much more than just being kind to seniors.

It's about making sure communities are accessible for anyone aged eight to 80, said David Harrison, a consultant who is working with several communities in Nova Scotia to become designated "age-friendly" in accordance with the World Health Organization.

The latest one is the Main

Street area in Dartmouth. The business association there recently took on the task of developing an age-friendly plan. New Glasgow/Pictou, Chester, and Victoria County have already completed or nearly finished age-friendly plans.

"Many of them, if not all of them, are seeing some very serious questions that need to be addressed...whether it's housing, transportation or isolation," Harrison said. "Health professionals are seeing a lot of issues and it's a question of what do we do to refocus our communities as the baby boom (generation) ages. The message is: if you plan for the elderly than you pick up every-

one else."

Many issues are the same in rural, suburban and urban communities, Harrison said. Seniors are moving away to facilities in the cores of Halifax, Dartmouth and Bedford. There are also issues around transportation, accessibility, access to community supports and isolation.

"They need to come together, work through this, and find - as much as they can - community based solutions," Harrison said.

Greg Fong, developer and president of the Main Street Dartmouth Business Improvement District, said accessibility is key.

"If you can't get anywhere



We have an aging demographic and things are going to change. It's important we design our community for the future ...

Greg Fong

because of barriers or worse still, the design of buildings that don't accommodate measures like wheelchairs or walkers...then we haven't really done the proper level of diligence," he said. JEN TAPLIN

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Hitting the slopes at 91-years young

Jen Taplin

Jimmy Clothier is not your average 91-year-old.

In the winter he heads out skiing with friends about three times a week. In the summer he's out walking or out on the water, catching fish.

"I just love to ski and I love the people I ski with. It's good

exercise and the fresh air and the company is always good," he said, adding he's been skiing for 32 years after retiring as the captain of the Tanook ferry for 35 years.

"I go walking quite often when the weather is good and I try to eat really well with a lot of vegetables and things like that," he said. "And I always have a little tot of whiskey before supper."

With summer on the way,

Clothier said he's looking forward to hitting the water on his boat. But he's considering selling it this year.

"I find handling the sails alone is a little hard on me now but I'm not going to give up boating," he said, adding he'd like to buy a powerboat instead. "My wife says to me 'what do you want a boat for, you're 91 years old?' I say 'well, I'm not just going to sit down here and rot.'

Clothier said he's been active all his life. And while he knows many people his age do a lot of sitting all day, he's not there yet.

"I'm not saying I'm not going to get there but so far, so good."

Meg Federico, a fitness trainer who volunteers at Spencer House Seniors' Centre in Halifax, said people who are active throughout their lives remain active into their 90s.

"If they have a lifetime of activity behind them and they don't have sustaining injuries or illnesses, people who are active are far more likely to

"I just can't sit down, I've got to keep moving."

Jimmy Clothier

remain active."

People need to keep a mental flexibility about exercise as they age so if they can't do a favourite activity anymore, they can switch to another one.

"The worst thing you could do is sit down in a chair and not get up," she said.

Sitting seniors are common in hospitals and nursing homes because stationary patients are easier to manage and are a lower risk. But people need to judge for themselves the risk of injury balanced with the benefits of exercise.

"People have to figure out what level of risk they want in their own life because we have a tendency to see someone who is elderly and say 'use your walker every time because you're going to fall,'" she said. "The risk is on them and they have to be allowed to assume that risk."

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Jimmy Clothier, left, taking a break from skiing at Ski Martock. Still very active, Clothier turned 91 in February. CONTRIBUTED

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A milestone birthday for the Public Gardens

EVENTS

Canada not the only one turning 150 this summer

Jen Taplin

The Public Gardens is celebrating a centennial and a half and the Friends of the Public Gardens have a number of special events planned to honour its rich history and importance to the city.

"We're planning 150 events and those events vary from the usual Sunday afternoon band concerts to a special birthday party on June 10," said Kathie Swenson, project coordinator.

The Public Gardens isn't just a great place for a leisurely stroll while sipping coffee or licking ice cream, it's also one of the world's best examples of a true Victorian gardens.

"There are very few that are as authentic as this one and because of that we celebrate on Victoria Day (on May 22) with a Victorian Tea at the Lord Nelson Hotel," Swenson said.

Many people dress up in Victorian garb and lavish hats, and socialize while Symphony Nova Scotia plays era-appropriate music.

This year the Atlantic Film Festival will be using the Public Gardens as a venue for their outdoor film screenings with at least one film in June, July, August and September.

"It goes back to the days



Many special events planned to honour the gardens rich history and importance to the city. iStock

when there used to be a weekly movie in the gardens," Swenson said. "A lot of people my age remember going to the gardens as children to watch the movies once a week."

There's also Paint the Gardens events which will encour-

age artists to bring their easels into the gardens on Saturdays to capture the vibrant plants, flowers and trees.

"We have poetry readings and we're planning quite an extensive program of activities for children," Swenson added.

They'll continue the regular story time on Tuesdays and Thursdays plus there will be face painting, scavenger hunt, and other special events during the June 10th birthday event.

In September Word on the Street will provide sealed up books that will be hidden throughout the gardens for children to find.

Celebrating the Public Gardens for all ages is important because the gardens are a Halifax landmark which goes back to the beginnings of the city.

"Back in those days when they were skating on the duck pond in the winter. It was the centre of social activity for the city 150 years ago."

+ BACKGROUND

- 1841: A 5.5 acre parcel of the Halifax Common was donated to the The Nova Scotia Horticultural Society to create the People's Garden, but it soon started to suffer financially.
- 1866: Two acres of adjacent land was purchased for the first city-owned public garden.
- 1867: The Public Gardens, designed after a Parisian public square, officially opened. The two gardens merged soon after.



Act Two

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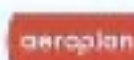
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REVIEW

GMC Acadia enters the mid-sized crossover segment



Of all the new crossovers to hit the market in the last year, none has undergone more drastic changes than the 2017 GMC Acadia. Like its fraternal twins, the Buick Enclave and Chevrolet Traverse, the Acadia was always a bit of a bloated and awkward entry in the market. All that changes for 2017, with the Acadia downsized significantly to slot neatly into the mid-size segment.

This new Acadia offers very little that ties it to its predecessor. Measuring 4.9 metres from tip to tail, it's noticeably smaller than its competitors. The biggest return on the Acadia's downsizing is at the scales, with roughly 318 kg cut from its curb weight.

The smaller size allowed for the introduction of a new four-cylinder base engine. The 2.5-litre delivers punch when called upon. It's also the more efficient of the two engine options. For those in need of additional output, the Acadia returns with an available 3.6-litre V6. The engine serves plenty of power — especially for those looking to strap a trailer to the back. The Acadia is rated to tow 1,814 kg with the larger of the engines under the hood.

While front-wheel drive is standard on virtually all trim lev-

els, it's likely most new Acadias will put power to all four. This new version of the Acadia offers two ways to do so. While a run-of-the-mill all-wheel-drive system is standard fare and features a disconnect feature to maximize fuel efficiency, the available All Terrain package adds a twin-clutch setup that features proper torque-vectoring capability.

The drivetrain system will feel familiar to anyone who has driven a GM crossover or SUV recently. Throttle response is smooth and sharp with the V6, while the suspension and steering setups are smooth and supple. Adaptive dampers are available on Acadia Denali models for increased road comfort, though not necessary.

Step inside and the Acadia can be served up six ways to Sunday ranging from affordable to overpriced. Base versions with the four-cylinder engine sending power to the front wheels start at \$35,095, while the top-of-the-line Denali starts at \$54,895. Adding options can quickly push the price above \$58,000 — enough to cover the cost of a Cadillac XT5.

Regardless of which end of the price spectrum, the Acadia's interior features a fresh and modern layout and comes fairly well equipped. Apple CarPlay and Android Auto are standard, as is a built-in 4G LTE Wi-Fi hotspot.

Despite its size, the 2017 GMC Acadia is still available with three rows of seating — though that doesn't mean anyone old enough to drive would want to occupy all three of them. Likewise, cargo room behind third row is almost not worth mentioning. From oversized to right-sized, the Acadia makes the most of its dimensions, fitting family life just fine.

THE CHECKLIST | 2017 GMC ACADIA

THE BASICS

Engine: 2.5-litre four-cylinder; 3.6L V6
Output: 193 horsepower, 188 pound-feet of torque; 310 hp, 271 lb-ft
Transmission: 8-speed automatic
Fuel Economy (l/100 km): 11 city, 9.2 highway; 13.3 city, 9.5 hwy (AWD)
Price: Starts at \$35,095



LOVE IT

- Smaller dimensions
- Available torque-vectoring all-wheel drive

LEAVE IT

- Cost climbs quickly
- Little cargo room behind third row

POLITICS

GM's Venezuela plant illegally seized by government officials

Sam McEachern
AutoGuide.com

General Motors says its sole plant in Venezuela has been illegally seized by government authorities, forcing it to halt its operations in the region until further notice.

GM's Venezuelan subsidiary, General Motors Venezolana, has operated in the country for nearly 70 years and employs nearly 2,700 workers there. The automaker said its Venezuelan

workers will be given "separation payments" as it looks to exit the politically tumultuous country.

"Yesterday, GMV's (General Motors Venezuela) plant was unexpectedly taken by the public authorities, preventing normal operations," a statement released by the automaker said. "In addition, other assets of the company, such as vehicles, have been illegally taken from its facilities."

Former Venezuelan president Hugo Chavez, who took office in 1999, saw the state take over

much of the country's industries, including its hugely profitable oil reserves and telecommunications and energy sectors. 2016 marked its third straight year of recession and the unemployment rate is set to swell past 25 per cent in 2017. There's also reports of widespread food shortages and extremely poor access to healthcare.

GM is far from the first major corporation to bail out of its Venezuelan operations. Exxon-Mobil exited the country in 2007 after Chavez tried to put one of its projects under state

control and in 2014 cleaning product company Clorox was forced out after government officials took over one of its plants. Additionally, Coca-Cola was forced to put a pause on beverage production in the country last year due to a sugar shortage.

It's not immediately clear why Venezuelan officials felt the need to take over GM's plant or how this may affect the automaker in surrounding South American markets such as Brazil, Colombia and Argentina.



GM's seizure comes as Venezuela's opposition looks to keep up pressure on President Nicolas Maduro. THE ASSOCIATED PRESS

Best way to *break in* a new engine

HOW TO

Rules for whether it's factory fresh or a rebuild



Craig Cole
AutoGuide.com

So, you just bought a car, something showroom fresh with fewer kilometres on the odometer than a new pair of shoes. Naturally, you'll want to protect this investment. Properly breaking in the engine will do its part to help ensure a long and trouble-free life. But opinions differ on how this should be accomplished.

Some experts advocate a hard break-in. This includes a certain amount of heavy acceleration during the car's first few kilometres. The goal of this is to force piston rings against cylinder walls so these metal parts can seat before the bores' honing marks are worn away. Done properly, this supposedly results in an engine that produces more power and lasts longer.

But most others recommend



New-vehicle buyers should read their owner's manuals because everything is "spelled out exactly what to do," said Siegrist. ISTOCK

taking it easy for a while, including many automakers.

Take it easy

According to Michael Siegrist, assistant chief engineer of the new 1.6-litre turbo diesel engine in the Chevy Cruze and the man in charge of all GM's passenger-car compression-ignition engines in North America: "Most of our vehicles ask that you do (an approximately 2,500 km) break-in."

This encompasses several things. "Don't drive a constant

speed," said Siegrist; try to vary the engine's RPM frequently. He also added, "Don't go over 130 km/h," and "no full-throttle starts." It's also prudent to avoid exceeding 4,000 RPM.

The break-in period is a no-fun, burnout-free, racing-exempt zone. But your patience during those 2,500 km will be rewarded.

"What's really going on," explained Siegrist, "You have machined parts with sharp edges that during that break-in period, we're lapping in those sharp

edges so that they fit perfectly for the life of the engine."

It's a similar situation with Toyota. For its Highlander crossover at least, the Japanese automaker recommends that customers avoid sudden stops or towing for up to the first 800 km.

Ready to Run

Suggested break-in procedures vary between manufacturers. David M. Goggin, marketing communications director at Cummins, a major manufacturer of

diesel engines, said, "We have no special break-in procedures," a policy he estimates the company has had for a decade or more.

Goggin noted that with Cummins' current manufacturing capabilities, the tolerances they're able to hold, plus superior lubricants and better materials obviate the need for a break-in.

Another vehicle class where taking it easy might not be recommended is in the performance market. Mike Schropp, engine supervisor at Livernois Motorsports, a company that offers engineering services, vehicle performance products and more said, "Most of the engines we build here would be high performance and/or racing-style engines." Accordingly, "The break-in process is pretty critical."

What does Schropp recommend? Well, he advocates "medium load to medium-heavy load." This corresponds roughly to between 30 and 60 per cent throttle.

"There are people that... want a really hard break-in," he said, but extremely high loads and temperatures are not desirable.

Additionally, Schropp stressed the importance of avoiding extended idling, which can glaze cylinder walls, preventing the

rings from properly seating. It's critical to vary engine speed right after a rebuild.

What About the Oil?

Livernois Motorsports puts special oil in all its rebuilt engines. Accordingly, Schropp recommends early oil changes to help flush any undesirable metallic bits out of an engine's vital circulatory system. A lot of that craft is "going to get caught in the oil filter," he said, but still, "change it after the first thousand miles."

For factory-fresh vehicles, this usually isn't the case. "We manufacture all of our engines with the oil we want it broken in with," said Siegrist. He also noted that a more frequent lubrication service schedule is not necessary.

Still, you can never harm an engine by changing the oil too frequently. Early service, while probably wasteful of money, can only benefit vehicle longevity.

Another thing that could speed this process along is avoiding synthetic oil. Schropp recommends this since you need a certain amount of friction between moving parts for them to wear together properly. Man-made lubricants generally allow less of this than their mineral equivalents.

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TOP 150

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Canada's oldest roadside stops

ROAD TRIP

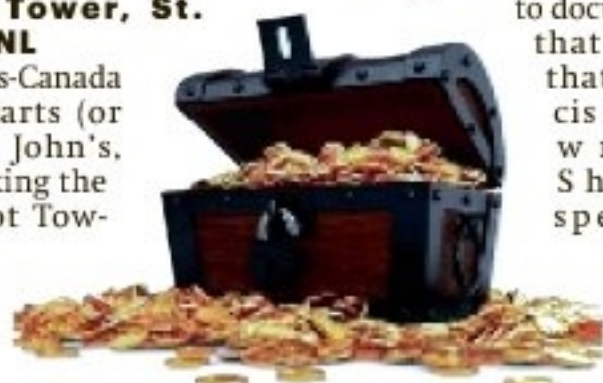
The quirkiest attractions along the Trans-Canada Hwy.

Rhonda Riche

The cross-country road trip is a Canadian rite of passage. And while taking in the breathtaking landscape or exploring our history and traditions is fun, sometimes you just have to make a diversion to visit a giant Easter egg. Next time you take the Trans-Canada, make time to check out one of these delightfully eccentric attractions.

1 Cabot Tower, St. John's, NL

The Trans-Canada Highway starts (or ends) in St. John's, NL. Overlooking the city is Cabot Tower, which looks like a medieval castle but was actually commissioned in 1897 to commemorate the 400th anniversary of John Cabot's discovery of Newfoundland and Queen Victoria's Diamond



Jubilee. It is also where, in 1901, Guglielmo Marconi received the first transatlantic wireless signal.

2 O'Leary Potato Museum, O'Leary, PEI

No trip to Prince Edward Island is complete without a selfie with a 4.3-metre spud.

3 Money Pit, Oak Island, NS

In 1795, an Oak Island teen named Daniel McGinnis spotted a weird depression in the ground. The curious McGinnis started digging and found wooden planks every 10 feet down. Convinced the pit was man-made, locals started hunting for buried treasure. Folks have theorized that the pit hides everything from pirate booty to documents that prove that Francis Bacon wrote Shakespeare's plays.

4 Magnetic Hill, Moncton, NB

Back in 1931, an old cart path in Moncton was



Located at the highest point of Signal Hill, the Cabot Tower was built in the late 1800s to commemorate the 400th anniversary of John Cabot's discovery of Newfoundland. ALL PHOTOS ISTOCK

upgraded for automobile access. Someone noticed that when motorists were driving what appeared to be downhill, they had to accelerate to keep from rolling backward. The road became known as "Magnetic Hill" and has since become one of Moncton's most enduring attractions.

5 The Big Orange, Montreal, PQ

This two-storey citrus stand is the last example of what was once one of several Gibeau Orange Julep restaurants in the Montreal area.



6 Wawa Goose, Wawa, ON

When the last link of the TCH was completed in Wawa in 1960, local businesses were disappointed to discover that the highway skirted the downtown core. So they erected an enormous Canada Goose in the hope that travellers would slow down and take a gander at the rest of the town.

7 World's Largest Coke Can, Portage la Prairie, MB

On the long, flat plains of the prairie, this converted water tower stands out as a beacon to tired, thirsty drivers.

8 Fuchs Wildlife Exhibit, Lloydminster, SK

Billed as the largest collection of taxidermy created by one man in North America, this collection features 1,000 works by local artist Nicholas Fuchs, posed naturalistically or in more anthropomorphic activities, such as hares playing cards.

9 Vegreville Easter Egg, Vegreville, AB

The idea of con-



10 The Enchanted Forest, Revelstoke, BC

In the 1950s, Doris and Ernest Needham started creating a DIY Disneyland as a retirement project. Over the next 10 years, they cleared the land and built every building and sculpture by hand. Millions have visited this utterly unique attraction.

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Canadian fans' quandary on where to place allegiance

NHL PLAYOFFS

Crosby is reason why we're not all rooting for Oilers, Sens

With just two Canadian teams standing after the first round of the NHL playoffs, not everyone is rooting for a Stanley Cup final showdown between the Ottawa Senators and the Edmonton Oilers.

Take Dan Fougere, for example. The manager of Halifax's Bubba Ray's Sports Bar Too would like one-half of that matchup in the final — the Oilers. From the Eastern Conference, however, Fougere is pulling for the defending champion Pittsburgh Penguins — and a Sidney Crosby-Connor McDavid clash.

"I think that's what a lot of people would love to see," he said Tuesday.

"If you somehow get those two facing off for the Stanley Cup final I don't think it could get any better than that."

Fougere has even changed the bar's Facebook cover photo to include images of the two superstars. Crosby is, of course, the local favourite, hailing from nearby Cole Harbour, while the 20-year-old McDavid has been one of Canada's top talents since entering the league in 2015.

Not surprisingly, the Edmon-



Most Canadians won't be forced to pick a side between the country's last two remaining clubs in the playoffs, unless they meet in the Stanley Cup final. ANA CHYTILOVA/FREESTYLE PHOTOGRAPHY/GETTY IMAGES

ton Journal's editorial board has a firm opinion about where Canadian fans should direct their attention now.

"For so many reasons, the choice for the national team is obviously the Oilers," the paper wrote Tuesday, the day before the team was scheduled to open second-round play against the Anaheim Ducks.

"The team is led by captain Connor McDavid, a homegrown

superstar-in-the-making and at 20, already the league's most exciting player. Unlike Sidney Crosby, who patriotic fans have obligingly supported over the last decade in some measure because of his citizenship, McDavid plays for a team on the right side of the border.

"Make no mistake. Ottawa is a fine team but its best player is Erik Karlsson — from Sweden."

In Montreal, one of the three

Canadian cities whose team was eliminated in the first round, the editor of a website dedicated to all things Canadiens says the locals aren't feeling that great.

"Passionate fans were devastated with the first-round loss," said Rick Stephens. "Montreal finished first in their division, has a world-class goaltender in Carey Price and was generally expected to go further this season."

"The fans are angry. They are

“For so many reasons, the choice for the national team is obviously the Oilers.”

Edmonton Journal's editorial board

calling for big changes; there was talk of trading Carey Price. They want to win now."

Montrealers will have to wait and, in the meantime, their choices for the playoffs aren't obvious, Stephens said.

His readers have divided loyalties, he explained, and not necessarily between the two teams left. "Ottawa is going to be a tough team for Canadiens fans to cheer for," Stephens said. "There is a budding rivalry there. Not at the level of Boston or Toronto, but it's getting there."

Edmonton, he said, is more likely to be the Canadian team of choice for Habs fans.

"But we can't forget that down in Nashville, there is a former Canadian there who still has the hearts of many fans, P.K. Subban," who was traded in summer 2016. The Predators swept their first-round series against the highly regarded Chicago Blackhawks and could be a formidable presence in the Western Conference.

THE CANADIAN PRESS

NASCAR

Earnhardt Jr. calls it a career

Dale Earnhardt Jr. abruptly announced his retirement at the end of the season Tuesday, a decision that will cost NASCAR its most popular driver as the series scrambles to rebuild its fan base.

Colorful, candid and talented, Earnhardt has been plagued by concussions the last several years and he missed half of last season recovering from the latest head injury. It caused him to delay contract talks on an extension to drive the No. 88 Chevrolet, and the two-time Daytona 500 winner with deep family roots in auto racing appears ready to call it quits.

A third-generation racer, Earnhardt turns 43 in October, is newly married and has said he wants to start a family. His wife, Amy, posted on Twitter shortly after the announcement: "I'm so proud of Dale for working so hard to get back and even prouder for his courage to make the decision to retire."

Earnhardt has become a vocal advocate for research of sports-related brain injuries, and the hit he took last June led to months of rehabilitation that gave him a new perspective on his life. The concussions left him with nausea, double vision, anxiety and a multitude of other symptoms that he's discussed in great detail.

Earnhardt is not off to the greatest start this season, with only one top-five finish so far. He took another hit Monday at Bristol Motor Speedway when a mechanical issue caused him to crash.

In a typical Earnhardt move, a fan tried to take a selfie with him as the driver made his way to the care centre for the checkup after his hit. Although the fan was pushed away at the time, Earnhardt found him after his stop in the care centre and later posted on Twitter the fan got his picture. THE ASSOCIATED PRESS



Dale Earnhardt Jr. GETTY IMAGES

MLB

Brewers' Thames back and eyeing records

Eric Thames is bashing his way into the Milwaukee Brewers record book. No adjustment period necessary for the bushy-bearded first baseman in his first season back in the majors after three years playing ball in Korea.

With two more home runs on Monday against the Cincinnati Reds, Thames upped his major league-leading home run total to 10. He also tied a franchise record with his 10th homer in April.

The Reds must already be sick of Thames, who has seven homers in five games against Cincinnati pitching.

"It is crazy with baseball," the left-handed slugger said after Milwaukee's 11-7 win Monday. "There are some teams that somehow the ball finds your barrel and there are some teams where you get a good pitch and you swing and it is a foul ball or a strikeout. I don't know."

THE ASSOCIATED PRESS

IN BRIEF

Green set to be named new Canucks coach

The Vancouver Canucks are expected to name Travis Green their new head coach Wednesday. The Canucks say they will introduce their new coach at a press conference.

Several media reports say Green will replace the fired Willie Desjardins. Green spent four seasons as the head coach of Vancouver's AHL affiliate in Utica, N.Y., leading the club to the 2015 Calder Cup final.

THE CANADIAN PRESS

POLE VAULTING

Canuck world champ Barber comes out

World champion pole vaulter Shawn Barber turned to social media Monday to announce that he's gay.

"Gay and proud!" Barber wrote in an early morning Facebook post.

"Thank you to my parents for being such a great support. I continue to grow as a person and have a great support group. To my friends, you are always my friends and I love you too!"

The post was confirmed as legitimate by his agent, who

said the 22-year-old Barber didn't want to speak further about it at this time.

Barber, the longtime Canadian record holder and reigning world champion, had a series of difficult circumstances heading into the 2016 Rio Olympics where he finished a disappointing 10th.

What wasn't publicly known until after the Olympics was that Barber had tested positive for cocaine at the Canadian championships in July 2016 in Edmonton. TORSTAR NEWS SERVICE

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PHOTO: MARY VISENTE

Ceri Marsh & Laura Keogh
For Metro Canada

This dish is a mashup of everyone's favorite Friday night supper with the all-time best lunch.

Ready in 12 minutes

Prep time: 6 minutes
Cook time: 6 minutes
Serves 2

Ingredients

- 4 slices of sourdough or wholegrain bread
- 2 tsp garlic butter
- 1/2 cup ricotta cheese
- 4 basil leaves, torn into small pieces
- 2 slices mozzarella cheese
- 2 slices fontina cheese
- Extra Virgin Olive Oil

Directions

1. Preheat a skillet over medium heat with a drizzle of olive oil.
2. Butter one side of each slice of bread. Place pieces of bread butter side down on a clean surface or cutting board.
3. In a small bowl, mix ricotta with basil pieces. Spread one slice of bread with about a tablespoon of ricotta. Place one slice of mozzarella on ricotta cheese.
4. Lay a slice of fontina on other slice of bread. Close sandwich and place in skillet.
5. Grill until lightly browned and then flip over; continue grilling until cheese is melted and gooey.

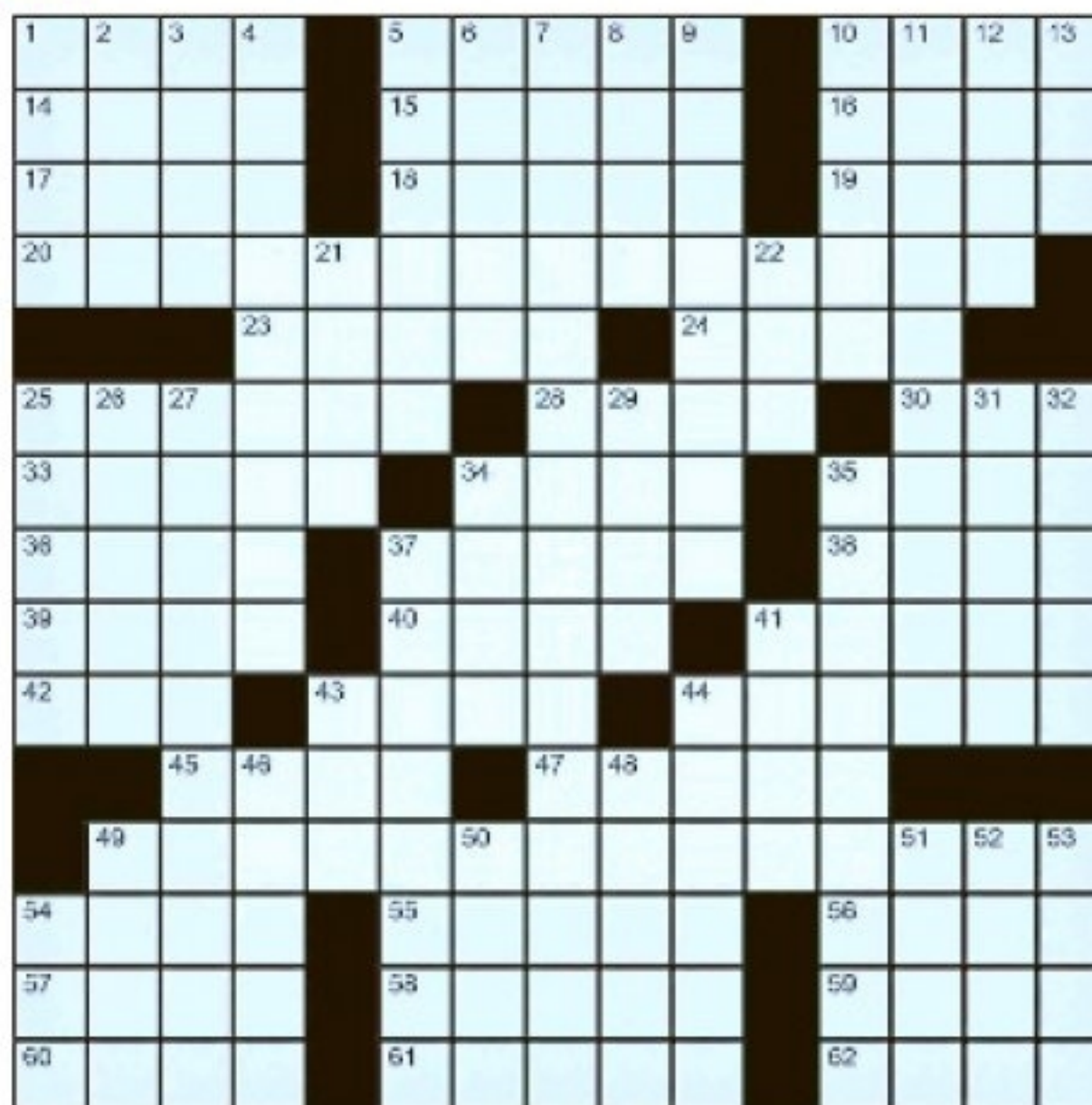
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BY KELLY ANN BUCHANAN

ACROSS

1. Dapper shoe covering
5. James T. Kirk, et al.
10. Fast web connections
14. Fantastic, for short
15. Martin's first wife in Sinclair Lewis' 1925 novel *Arrowsmith*
16. Dueling sword
17. 'Diet' suffix
18. Toy company
19. 'I'm Yours' singer Jason
20. 1969 Guess Who album featuring the classic 'These Eyes': 2 wds.
23. Remote, when used to lower volume
24. Financial-related, briefly
25. Army academy attendees
28. Andy Capp's wife's
30. Mesozoic
33. Whiskers
34. Plaintiff
35. UK honours, commonly
36. Astronomy bear
37. Worked with hay
38. It means 'Seven'
39. Rock's 'rug'
40. deer
41. Last word in #11-Down's answer ...en francais
42. Cone (Toy-made treat)
43. Gladiator's 141
44. Boonies seats area: 2 wds.
45. Caveman's weapon



47. Grammy Awards org.
49. Toronto and Vancouver are two in Canada aka 'Hollywood North': 2 wds.
54. "Bye!"
55. Ms. Shaye Smith (Pierce Brosnan's wife)

56. Nautically hoisted
57. Bohemian
58. #6-Down's variant spelling
59. Ear-related
60. Origin
61. One sending a ship distress signal, say
62. When new cal-

endars come out, for short

DOWN

1. Duck variety
2. Toronto's underground shopping network
3. Singer/songwriter, India,

4. New anchors look into them: 2 wds.
5. Montgomery of "The Heiress" (1949), and surnamesakes
6. Hawk's nest
7. Celine Dion, and others who can belt out tunes like she can: 2 wds.

8. Set of three, in literature, wee-ly
9. Standard Time: Scottish-born Canadian, Sir Fleming (b.1827 - d.1915)
10. Garage band's CDs
11. Evergreen drink: 2 wds.
12. Sharon of "Boston Public"
13. Speaks, slang-style
21. "Tsk!" and "Tsk!"
22. "...boom-bah!"
25. Pals
26. Mr. Eckhart
27. Separate
29. Soup vegetable
31. Artwork like the original, informally
32. In (Brooding)
34. "Better Call ..." ("Breaking Bad" spin-off)
35. Nabisco cookies brand!: 2 wds.
37. Transports in a 'dirt' race, commonly: 2 wds.
41. "Back in the U.S.S.R." flyer
43. Magna laude
44. Movie star Verne
46. Architect, Frank Wright
48. "Kate & ..." ('80s sitcom)
49. Campsite warmer
50. Single-named singer
51. Tolkien's li'l masterpiece
52. Super mean
53. US of State
54. '...' in Calgary

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today's New Moon creates the perfect day for thinking about your earnings and how well you handle your finances. Do you take care of what you own?

Taurus April 21 - May 21
The only New Moon in your sign all year is taking place today. Take a realistic look in the mirror and ask yourself how you can improve your appearance. Try it.

Gemini May 22 - June 21
You might prefer to hide from others today, because you need some R & R and privacy. It's important to respect your needs.

Cancer June 22 - July 23
A conversation with a female acquaintance will be intense today. You will discover whether you share the same goals.

Leo July 24 - Aug. 23
You are high-viz today. People notice you, especially people in power. Keep this in mind so you can create a good impression.

Virgo Aug. 24 - Sept. 23
Today you want to do something different! You want to experience more of life. You want adventure and a chance to travel. (Go somewhere you've never been before.)

Libra Sept. 24 - Oct. 23
You are a people-pleaser. However, it's important to know that the most important person to please is yourself. Once you respect your own needs, it's easier to respect the needs of others.

Scorpio Oct. 24 - Nov. 22
This might be the best day of the year to ask yourself what you can do to improve your closest relationships.

Sagittarius Nov. 23 - Dec. 21
What can you do to improve your health? And what can you do to improve your job or the way you do your work? These are the things to ponder today.

Capricorn Dec. 22 - Jan. 20
Look for ways to be playful or to express your creative side. As children, we easily do this, and too soon we forget.

Aquarius Jan. 21 - Feb. 19
A discussion with a parent or an authority figure will be important today. What can you do to improve your home and your family relationships?

Pisces Feb. 20 - March 20
Good communication involves careful listening. This is a good day to ponder your style of communicating with others and whether you are as clear as you can be.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	1	5				6	7	
4			8		6			9
3			9					5
7			4					3
	6	3				7	9	
5			7					2
8			6					1
6			3		8			7
	2	9				8	3	

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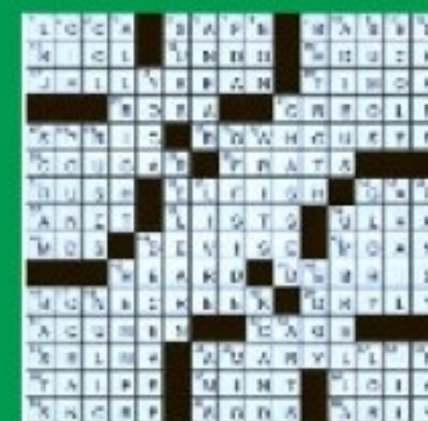
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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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9	5	2	4	7	1	3	6	8
1	6	7	5	3	8	9	4	2
4	8	3	2	6	9	1	7	5
7	1	6	8	5	4	2	3	9
5	4	8	3	9	2	6	1	7
3	2	9	7	1	6	5	8	4
8	9	4	6	2	3	7	5	1
2	3	5	1	4	7	8	9	6
6	7	1	9	8	5	4	2	3

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